



Clear Creek ISD Athletic Safety Plan for COVID-19

Purpose:

The Clear Creek ISD Athletic Safety plan will provide an overview of the management of athletes, coaches, and staff who are suspected of having COVID-19, confirmed positive for COVID-19, or living with someone who is positive for COVID-19. This plan will also provide coaches and staff with the information required for screening, managing of suspected cases and positive cases for COVID-19. All CCISD staff involved with UIL activities involving students must be trained on these guidelines included in this safety plan.

CCISD COVID-19 Response Team (High School):

Athletic Trainers, Campus Administrations, Campus Coordinators & CCISD COVID-19 Nurse

These individuals will oversee the management of COVID-19 related illness in athletics and will ensure all proper documentation is obtained to safely return an athlete to sport. This response team will also address any questions or concerns brought forth by parents or staff at any of our high schools.

CCISD COVID-19 Response Team (Intermediate School):

Campus Coordinators, Campus Administrators, Campus Nurse, District Intermediate Athletic Trainer & COVID-19 Nurse

These individuals will oversee the management of COVID related illness in athletics and will ensure all proper documentation is obtained to safely return an athlete to sport. This response team will also address any questions or concerns brought forth by parents or staff at any of our intermediate schools.

COVID-19 Management Plan:

Pre-screening: Student Athletes

All athletes will complete a health screening questionnaire on their own device prior to the start of their athletic period. This will be reviewed by coaches and athletic trainers for any symptomatic student athletes. This screening process will also be completed by those students who come from Clear Connections Virtual Program to campus for before or after school athletics.

Students who disclose positive COVID-19 confirmations for anyone living in their home, or anyone who they have been in recent contact with, will NOT participate in the daily activity and will be sent home.

Students who disclose personal symptoms or contact with those who are symptomatic will NOT participate in the daily activity and will be sent home.



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Pre-Screening- Staff

All staff will complete a self-screening prior to coming to campus each day. If a staff member is symptomatic, they will stay home and notify their direct supervisor who will then contact the appropriate parties.

Personal Protective Equipment

It is HIGHLY RECOMMENDED that ALL athletes wear a face covering during the school day and during their respective sport's practice and games. Face coverings can be removed if they are eating or drinking. This will be done to increase health and safety for each student athlete, as well as protect them from student athletes on opposing teams during game play. Students are expected to provide their own face coverings. Face coverings must cover the mouth and nose completely. All staff will wear face coverings at all times.

How to Properly Wear a Face Covering

1. Wash your hands before putting on your face covering.
2. Put it over your nose and mouth and secure it under your chin.
3. Try to fit it snugly against the sides of your face.
4. Make sure you can breathe easily.
5. Keep the face covering on when around others.
6. Maintain social distancing whenever possible.

Social Distancing

Strict social distancing must be practiced at all times and must be maintained in accordance with the most up to date TEA and UIL Guidelines. This includes specified distances for social distancing when participating in all on campus activities.

Close Contact Defined

This document refers to "close contact" as being with an individual who is lab-confirmed to have COVID-19. The definition of close contact is evolving with our understanding of COVID-19. In general, close contact is defined as:

- Being directly exposed to infectious secretions (e.g., being coughed on). OR
- Being within 6 feet for a cumulative duration of 15 minutes.
- If BOTH the infectious individual and the potential close contact have been consistently and properly masked; this will NEGATE the close contact definition.



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Practice or Game Student Athlete Symptom Onset

If a student athlete reports COVID-19 symptoms during the athletic period or during before/after school practice/games, athlete will be removed from participation and the parent of the student athlete will be contacted. Athlete will be sent home. If student athlete is unable to leave the school campus immediately, the student athlete will be placed in isolation until they are able to leave the campus. Each campus should have a plan in place as to where the isolation location may be.

Potential COVID-19 Symptoms as Listed by UIL

When reporting symptoms, they should be unrelated to pre-existing issue or out of the normal for student athlete.

- Feeling feverish or measured temperature \geq to 100 degrees F
- Loss of taste or smell
- Cough
- Difficulty breathing/Shortness of breath
- Fatigue
- Headache
- Chills
- Sore Throat
- Congestion and Runny Nose
- Shaking or exaggerated shivering
- Significant muscle pain or ache (not due to physical activity)
- Diarrhea, Nausea, or Vomiting

Symptomatic Staff Procedures

Any staff experiencing symptoms of COVID-19 must stay home and should contact their medical provider. The following criteria must be met in order to return to campus:

- 24 hours have passed since recovery of symptoms without the use of fever-reducing medications.
- AND, Has improvement of symptoms.
- AND, At least 10 days have passed since symptoms first appeared.

If an individual wants to return to work before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an ALTERNATIVE diagnosis.



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High School staff who cannot come to work due to COVID-19 symptoms should report the information to his/her campus coordinator and Athletic Trainer immediately. Intermediate staff who cannot come to work due to COVID-19 symptoms should report the information to his/her campus coordinator and principal immediately.

Symptomatic Student Athlete Procedures

Anyone experiencing symptoms of COVID-19 must stay home and should contact medical provider. The following criteria must be met in order to return to campus:

- 24 hours have passed since recovery of symptoms without the use of fever-reducing medications.
- AND, Has resolution of symptoms.
- AND, At least 10 days have passed since onset of symptoms.
- AND, A physician clearance note to return to athletics. (UIL Mandate)

If an individual wants to return to athletics before completing the above self-isolation period, the individual must obtain a medical professional's note clearing the individual for return based on an ALTERNATIVE diagnosis.

Confirmed COVID-19 Positive Student Athlete or Staff Procedures

Anyone experiencing symptoms of COVID-19 must stay home and should contact their medical provider. The following criteria must be met in order to return to campus:

- 24 hours have passed since recovery of symptoms without the use of fever-reducing medications.
- AND, Has resolution of symptoms.
- AND, At least 10 days have passed since onset of symptoms.
- AND, A physician clearance note to return to athletics. (UIL Mandate)

Living with Someone/ Direct Close Contact Confirmed Positive

Anyone living with someone who is lab-confirmed COVID-19 must self-isolate for two weeks.

- If they do not have any symptoms during/after that period, they may return for participation.
- If they do develop symptoms, they must self-isolate and follow the guidelines for a symptomatic student athlete. A physician clearance note to return to athletics will be required. (UIL Mandate)



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Cleaning & Sanitation Procedures:

Proper Hand washing

1. Wet hands with clean, running water, turn off tap and apply soap.
2. Lather hands by rubbing them together with soap. Lather the backs of hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. (Happy Birthday Song)
4. Rinse your hands well under clean, running water.
5. Dry your hands with a clean towel or air dry them.
6. **Use hand sanitizer when hand washing is not possible.

Athletic Facilities

All indoor facilities will be cleaned and disinfected thoroughly each evening. Close attention will be paid to high traffic and high touch areas. All equipment used by students will be cleaned and disinfected between each use (in accordance with UIL guidelines). Proper disinfecting requires “dwell” time, or time allowed for the disinfectant to be on a surface. The longer it stays on the surface, the more it kills. Best practice is to spray the surface from 6-8 inches away and allow to dwell. After dwell time, it can be wiped/rinsed away or left to air dry.

Equipment

All sports equipment will be properly cleaned daily after practices. Clothes worn should be laundered daily whether at home or by respective coaches based on sport specific guidelines. There will be no sharing of towels or other personal items between students.

Hydration Management:

Students should bring their own water bottles for the school day and after school athletics. Students should clearly label their water bottle to prevent use by other students. Hydration throughout the day is highly recommended, and it is recommended that the student athlete drink 4-8 oz of water every 15 minutes during exercise, so please consider the duration of the student athlete’s practice to determine proper amount of water to bring. Students may not share food or beverages.

High School

The athletic training staff may provide water per UIL guidelines for refill of student athlete personal water bottles. Athletic trainers will provide water during competition and games per UIL guidelines.



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Intermediate

The coaching staff may provide water per UIL guidelines for refill of student athlete personal water bottles. Coaching staff will provide water during competition and games per UIL guidelines.

High School Athletic Training Room Procedures:

Athletic Training Room Procedures for COVID-19

1. All athletes, coaches, staff and parents that visit MUST wear a mask when inside the ATR.
2. Hand hygiene will be performed when entering and exiting the ATR.
3. All athletes must sign in for treatment, computer will be disinfected between uses.
4. Health Screening for athletics will be completed prior to before and after school practices.
5. There will be a limited number of athletes in the ATR at one time to promote social distancing.
6. Those waiting to come into the ATR will remain in the hall seated in the “waiting room” 6ft apart. **Emergency situations will take precedence.**
7. Morning treatments will be done by appointment ONLY to promote social distancing.
8. Athletes will NO longer be able to come in and simply heat, use stretch bands or foam rollers. We do not have enough for every athlete to have their own and we cannot share supplies. Athletes will need to use their own foam roller or bands at home or in the gyms while social distancing from other athletes. The athletic trainers will provide Home Exercise Plans to athletes that request them, as well as teach them proper technique.
9. Ice bags will be provided as normal, but no flexi wrap will be used.

Athletic Training Room Basic Rules

1. No food or drink is allowed in the athletic training room.
2. The use of cell phones or personal electronic devices is not allowed while in the athletic training room unless directed by a staff athletic trainer.
3. Appropriate attire must be worn at all times. If seeking medical treatment, athletes should be dressed out in shorts and t-shirt.
4. No abusive language or horseplay will be tolerated.
5. All athletes will leave their shoes outside the athletic training room.
6. No self-administered treatments.
7. Report all medications being taken and any changes in medical history.
8. It is the athlete’s responsibility to be on time for a scheduled treatment.
9. If an athlete is required by their physician to use a prescribed medication for treatment of their condition (i.e. Asthma, Diabetes, Allergies etc.) they must have written orders from the prescribing physician on file with the nurse and athletic trainers each school year. Asthmatic athletes must also provide an inhaler for school use.



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Intermediate Athletic Training Services

Injury Evaluation Procedures for COVID-19

1. If student athlete is seen by high school Athletic Trainer, they will need to follow the above guidelines.
2. Athletic coordinators on campus or other sport specific coach will contact intermediate Athletic Trainer to set up appointment time for a student athlete to be seen.
3. Mask must be worn by student athlete. All Athletic Trainers will have a mask on for evaluations.
4. Student athletes will be asked to wash or sanitize hands prior to evaluation, and health screening must be completed prior to evaluation.

High School Student Athletic Training Aid Program:

The CCISD student athletic training aid programs will continue to provide safe and quality healthcare to all student athletes and fine arts participants. The student athletic training aid program will follow all CDC and TEA guidelines to ensure all aids are protected during their participation in the program. The follow changes have been made to ensure we are following recommendations set forth by the CDC and TEA.

1. All student athletic trainers will wear a mask while in the athletic training room or providing care for athletes, working practices, and games.
2. Hand washing or hand sanitizing must take place when you enter the ATR, between each athlete you help, and before you leave the ATR.
3. Student athletic trainers will complete a health check screening before after school practices daily.
4. If symptomatic, please remain home and contact adult athletic trainers.
5. Maintain social distancing inside athletic training room whenever possible.
6. For those student athletic trainers enrolled in Clear Connections, they may come after school hours to participate in the program at practices and games.
7. Each student athletic trainer will carry their own kit and no sharing of supplies.
8. Each student athletic trainer kit will have their own hand sanitizer for personal use only.
9. Student athletic trainers will wear gloves when providing care to an athlete and must hand sanitize before putting on gloves and after removal of gloves.
10. Student athletic trainers will wear gloves when touching cots or coolers to fill athletes' personal bottles. There will be no exchange of bottles from person to person.
11. Lockers MUST be used. There will be no storage of bags in the athletic training room for hygiene purposes.
12. Cleaning and disinfecting procedures will be done in between every student athlete that comes into the athletic training room.
13. Sanitation of all contact surfaces will be done at the end of every athletic period, practices, and games. A checklist will be completed with sign off from adult athletic trainer.



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14. NO food when athletes are present in the athletic training room.
15. DO NOT give athletes towels at any point. Towels are for cleaning ONLY.
16. Normal game day duties will be assigned with each student given specific roles.
17. Travel to and from games will be determined later with guidelines set by the district.

Resources

<https://www.uiltexas.org/policy/covid-19/2020-2021-uil-covid-19-risk-mitigation-guidelines>

****Please be aware that all of this is subject to change at any time throughout the school year.****